Welcome Back: Veterans Transition to Academic Life

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Q&A: Your questions will be submitted to the staff and answered at the end of the webinar. Any questions we do not address during the webinar will be shared via email along with a recording of the webinar.

The audio is by default through your computer's speakers. If you would like to call in, click "view audio options".

Membership

Higher Education Center for Alcohol and Drug Abuse Prevention and Recovery

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HECAOD Annual Membership Benefits

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<td>One-Year Membership in the HECAOD Program</td>
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<td>Access to Educational Materials</td>
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<td>Access to Online Library, Books, and Articles</td>
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Learn more at hecaod.osu.edu
Our Presenter

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Go to www.menti.com
Enter Code 841276

When you hear the term VETERAN, what is the first word that comes to mind?

WORD CLOUD
Student Veterans and Civilian Student Drinking Patterns

- Consumption amounts are similar between groups.
- Can be caused by experiencing or witnessing events in which serious physical harm occurs or is threatened.

Symptoms of PTS

The person experienced, witnessed or was confronted with an event that involved the actual or threatened death or serious injury, or a threat to the physical integrity of self or others.

The person's response to the event involved intense fear, helplessness, or horror.
### Military vs. Campus: Perception of Traits

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<tr>
<th>Military Environment</th>
<th>Campus Environment</th>
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<tbody>
<tr>
<td>Aware, alert, scanning</td>
<td>Hyper vigilant, watchful</td>
</tr>
<tr>
<td>Be careful who you trust</td>
<td>Suspicious, guarded, stand-offish</td>
</tr>
<tr>
<td>No time to think, must act</td>
<td>Reactivity, impulsivity</td>
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<tr>
<td>Discipline and obeying orders</td>
<td>Inflexibility and demanding</td>
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<tr>
<td>Keeps strangers away</td>
<td>Physically isolates, back to wall</td>
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### PTS in the Classroom

Veterans may:
- Sit in the back of the classroom so they can have a clear view of everything around them
- Be easily startled by noises (pens dropping, shuffling in a backpack, whispering or other noises from classmates)
- Be withdrawn from class discussion
- Have difficulty maintaining emotional control during difficult topics

### Clash of Cultures

#### Military
- High level of order
  - Commanding Officer (CO) has all the answers
  - Day is planned out by someone else
- Great Responsibilities
  - Millions of dollars of equipment
  - Lives dependent upon them
- Daily Critical Choices
  - Life and death decisions literally

#### Civilian
- Much less order in life/campus
  - Have to plan out their own day
  - Have to be their own ‘CO’
- Less Responsibilities on campus
  - English homework is not ‘life or death’
- No Daily critical choices
  - Do I go to class or not?
  - Who is impacted?
Is able to find the positive in their traumatic experience and use it to build hope and a personal sense of well-being.

• Survivors accept personal responsibility for controlling their self-destructive thoughts and behaviors.

• Survivors accept that he or she did the best that they could in a difficult situation. They are able to have compassion for themselves and use more accurate thinking about themselves and the situation they were in.

• Survivors are able to demonstrate sensitivity to other kinds of personal suffering.

Can only find negatives in their traumatic experiences.

• Victims use their traumatic experiences as justification for continuing self-destructive thoughts and behaviors. They blame themselves and others for their current difficulties.

• Victims have excessive self-blame/guilt about traumatic events. They engender in a lot of “should’ve”, “could’ve”, “if only” kinds of thinking, which are judgmental and condemning.

• Victims discount other peoples suffering by comparing traumas. This is the old “my trauma is worse than your trauma” game. This can also manifest feel when veterans return home and do not understand the terror that spouses and children endured in their absence.

PTSD to PTG: A Continuum

Engage

• PALS – Mentoring
• Faculty Fellows
• Warrior Scholar Project
• Honor Flight

Educate

• SERV Leadership
• Philosophy Department
• ENR/DoD Grant
• UA Veterans Alliance – Green Zone Training.
• Veteran History Project
Empower

- TOP
- SVA
- Women Veterans Project
- Mentorship – ENR, PALS, Honor College

Why We Do This

Leadership Projects

Video #2

Warrior Scholars

Video #3